



How the 'Crime Junkie' podcast began for host Ashley Flowers. 6



metr_® THINGS KNOW

Wimbledon shocker as 15-year-old upsets Venus

Cori Gauff, age 15, was ranked 301st in the world before defeating her idol.

Cori Gauff served up the perfect excuse for playing hooky from school on Monday as the 15-yearold American caused one of the biggest shocks in Wimbledon history by dispatching Venus Wil-liams 6-4 6-4 in the first round on Monday.

Aged 39, Williams is considered Wimbledon royalty as she has been part of the All England Club family for over two decades, having won the singles title five times - including two before Gauff was even born.

But Gauff, the youngest player to qualify for the main draw in the professional era, was in no mood to play a ladyin-waiting as she made a mockery of the 24-year age difference and 269 ranking spots that separate her from her idol Williams.

Playing a fearless brand of tennis that belied her young age, she bullied Williams into submission.

"I don't even know how to explain how I feel," Gauff, who wiped away a tear as she walked off Court One, said moments after her remarkable win.

"I definitely had to tell myself to stay calm. I have never played on a court so



Cori Gaulf pulled off one of the great upsets in Wimbledon history on Monday, RIVIERS

myself that the lines on the court are the same size, everything around it might be bigger, but the lines are the same and after every point I was just telling myself to stay

"I never thought this would happen. I am literally living my dream right big, but I had to remind now, and not many get to say that. So I am just happy that Wimbledon gave me the opportunity just to play and I obviously never thought it would be this far," added the teenager, who was given a wild card into the qualifying tournament.

Before the match, Gauff, known as Coco, had told her Instagram Monday.

followers: "Two of my teachers found out I played tennis after I made the main draw here."

If her Florida-based teachers needed any proof on exactly what she was up to, they only needed to tune into their TVs to see just why Wimbledon was going Coco-crazy on

A break in the fifth game of the opening set, which included a delectable lob over the statuesque Williams, was enough to win her the first set.

The nerveless display continued in the second set and she sealed victory on her fourth match point when Williams netted a to tell her today." NEUTRING

forehand.

"After the match, I told her just thank you for everything she did. I wouldn't be here if it wasn't for her. I was just telling her that she is so inspiring and that I always wanted to tell her that. Even though I met her before, I guess I had the guts

Dem Buttigieg raises nearly \$25M in second quarter

Presidential candidate Pete Buttigieg raised \$24.8 million from nearly 300,000 donors in the second quarter this year, his campaign said on Monday, putting him in the top tier among the more than 20 Democrats running for the White House. The South Bend, Indiana, mayor has more than doubled the number of individuals funding his bid for the presidency, his campaign said. In a statement, Buttigleg's campaign said more than

294,000 people donated between April and June, including 230,000 new donors. Overall, donors have given an average contribution of \$47.42 since Buttigleg, 37, who had no national profile, launched his bid. The campaign also has more than \$22.6 million cash on hand, ensuring he will have plenty of funds to compete in the coming months with other candidates expected to raise large sums, like former Vice President Joe Biden. MUTTES

Rwandan sentenced eight years for genocide role lie

A Rwandan man was sentenced on Mon-day to more than eight years in prison after being convicted of concealing his involvement. in the African nation's 1994 genocide in hopes of gaining asylum in the United States, Federal prosecutors in Boston had sought 20 years in prison for Jean Leonard Teganya, 48, saying if he was being sentenced for the murders and rapes they say he participated in rather than immigration fraud, they

would have sought a life term. Prosecutors said that during the violence, Teganya was a medical student at a hospital in the southern Rwandan city of Butare and was active in the political party that helped perpetrate the genocide. Citing witnesses, prosecutors alleged that Teganya led Hutu soldiers through the hospital to identify Tutsi patients who were then killed, and personally participated in the murder of seven Tutsis and five rapes. comes

Editor's Note

Like most New Englanders, Metro Boston is taking a bit of a breather in July, which means we'll only publish our special Thursday WKND editions for the rest of the month. We'll be back to our daily schedule on August 5, tan lines and all



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Boxing pair bring fighting chance against addiction

"Lucky" Lewis and Emily Denhoed hope to glove up at every boxing gym in New England and New York.



Kevin "Lucky" Lewis and Emily Denhoed hit the road several times a week to rumble on a boxingclub crawl, exploring, sparring and fighting for those in recovery all over New England and New York.

"We're hard to keep up with." Lewis said. "Doesn't matter who we end up training with or sparring with — if they're from big cities or tiny towns. They all have unique vibes and concepts, but the love of the sport is the same everywhere." The pair of platonic pugilists run a recovery training course out of Bancroft Boxing in Framingham for folks looking to gut it out in the ring rather than scrounge for life-ruining substances.

"I've been doing this for years, before [Emily] wanted to join the road show," Lewis, a former addict, said. "People's schedules never matched mine or the discipline was hard to maintain. We try to hit the road

try to hit the road on Tuesdays and Saturdays." Their travels have brought them to about 75 rugged gyms

— from sweatboxes to state-ofthe-noble-art gyms from their home base in Framingham to Connecticut, New Hampshire, Rhode Island and New York, with 50 more to go in New England. If the doors are locked, it's on to the next nearest spot after

a quick Google search. The nationwide camaraderie of the boxing community knows no bounds, as the duo have been welcomed at gyms in both the heart of big cities and way out in the sticks, where they have encountered dedicated gym rats, rappers who battle on the mic and in the ring, weekend warriors and ambitious amateurs hoping to make a name for themselves in sanctioned boats.

"Eight of us got an Airbnb in Brooklyn and hit four gyms in one day last February," Denhoed, a full-time mother of two. said. "If we have a window of time, we try to fill it. Great Barrington out in the Berkshires is probably the most boonies kind of setting where we've found a gym. New York City is obviously a major city. Some have been gritty and grimy with a rugged vibe, others have been pristine and more modern."

Some gyms feature unlikely melees, like a pair of knights dueling at an anti-addiction charity fight night event in Roston.

For the last two years, Lucky has run a 501c3 nonprofit group Fightin' Addiction with recovery classes three nights a week and over 120 people fighting off the evils of addiction.

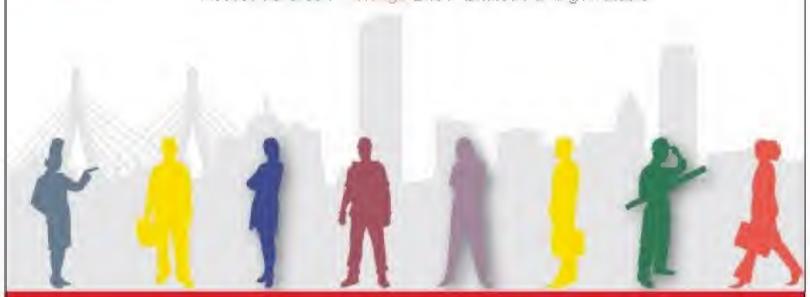
"In the recovery world, they talk a lot about mental, physical and spiritual experiences," Lucky said, "The spiritual aspect, you hear a ton about. The mental is something that comes next, but I don't think the physical aspect of recovery gets enough attention. I'll never take away from recovery meetings, step work, written work, anything like that. But I see that physical health often gets neglected and I want to bring a positive outlet for people who want to explore that part of recovery."



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Emily Denhoed and "Lucky" Lewis.

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Spending time on true crime

The host of the popular podcast "Crime Junkie" gives Metro the scoop on her

show. MOLLY GIVEN Molly Given Smelter as

In the world of podcasts, true-crime research is king. Audiences everywhere are enthralled by the jaw-dropping stories and incredibly disturbing feats of human nature. "Crime Junkie" is the epitome of this fascination. The popular series recently reached No. 1 on Apple's podcast charts with an average of over 10 million downloads per month, and for good reason: it's well-researched and quite addicting. One of the hosts, Ashley Flowers, sat down with Metro to give us the scoop on



Ashley Flowers. DIANA LRAGIAND

her wildly popular podcast and how it all began.

What first motivated you

to start a crime podcast? I truly am a crime junkie, which is why we decided

to call the podcast "Crime

Junkie." I listened to every trae-crime podcast out there. There was just not enough content. So it was a little bit of that. I always had in the back of my mind that I wanted more, but I had also been on the board of directors for my local Crime Stoppers in Indiana and they were looking for a new way to get younger people involved. A lot of people my age didn't know what the program was or that it even existed, so I decided to do this community initiative to do some brand awareness for Crime Stoppers, and I knew crime podcasts were very big with millennials. I still work with Crime Stoppers and do a lot for them, but after we got bigger and bigger, we are able to work with a lot of other nonprofits across the country now as well.

When you research for a live show or a podcast episode, what goes into your preparation?

When we're doing a regular episode, it takes me about 30 hours to put lit! together with the research and the writing. That just takes us to a place where we can record, it doesn't include editing. But the stuff that I'm looking for we're not investigators or journalists — what I'm looking for are news articles, books, documentaries or court records that are public. I'm trying to compile everything into a

30-minute digestible story. We are taking stuff that is already publicly available and putting a narrative to it. The live show is a little more intense. We're on tour right now and we take the same story to every city, and the live show took me about four weeks to put together. It's twice as long as an episode and we actually let the audience see some of the court. documents or reports; we create videos around the audio we have: we show news clips and stuff like that [as well]. So it's a totally different experience and it takes a lot longer to put together.

How do you choose the cases that you want to showcase?

Early on, what I was looking for were underreported cases, because again 1 was that crime junkie. I had heard almost every podcast, and what I realized was there were all of these interesting cases that podeasts were doing over and over again. I would see an episode coming up from another podcast and I wouldn't even listen because I felt like I already knew the story. So I wanted to put out some stories that people didn't know and that were fresh and new and giving attention to cases that just weren't getting it. Or if we did a big case, looking at it in a different way or from a different angle or spin. Now that we have a following, we get about 3,000 case suggestions a month from our listeners. So now I can really go in and see what our listeners want to hear about. It's great that we can provide cases from their area and ones that maybe didn't get a ton of news coverage. So that's how we are finding our underreported cases

I know you sometimes connect with some of the victims' families for the cases you work on. Does your career with Crime Stoppers motivate you to do that?

This was all kind of born because of the family members. When we first started, it was never my intention to go knocking on doors and I never reached out to a family member preemptively, 1 didn't want to bring up the worst time in their lives, I don't know where they are at with this tragedy. So I felt like I needed to respect them by not contacting them. Every time we work with families it's because they've reached out to us. It happened so early on, from episode 1, before we even had a following. It was a story about a missing woman on the 20th anniversary of her being missing. The day after we released it. her daughter reached out to us and we were able to do a follow-up episode with her daughter, it was a good reminder early on that the people we're talking about in these stories are real people, and other people are going to hear us talk about them, So every time that we've had a family member or someone involved in the case, it's because they've reached out to us to use our platform to tell their story.

What do you think it is about true crime that makes the subject so interesting to people?

I think there are a couple of different types of people and different reasons they are interested in it. I think there is a subset of people who are really trying to understand human behavior and understand how somebody who looks like me could do these horrible things. I think another subset of people - and this is where I find that I fall in — look at these stories and wonder where things went wrong. What was the thing that they did that I can avoid doing to make sure this doesn't happen to me. Our audience is 90 percent women and I often think when I talk to women who listen to the show, that's kind of what we are looking for. We want to find something in a story that points to a reason that this happened.

What would you tell people who have never heard "Crime Junkie" to expect from an episode of your podcast?

It's really straightforward storytelling with a narrative. We don't sidetrack, we don't go off on taugents, there's no speculation. It's to the point and fact-based, and it's very victim-centric.





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ENTERTAINMENT

METROJUS TUESDAY, JULY 2, 2019

Casey Webb of 'Man v. Food' on preparing for his fourth season of battle

The long-running hit series returns tonight on Cooking Channel.



PAT KING patrick.king@metnxiss.

Casey Webb is the hero that we do not deserve. Since taking over the reins as host of the hit Travel Channel show "Man v. Food" from former host Adam Richman, Webb has traveled the country in order to dominate various food challenges at some of the best restaurants both in our big cities and off the beaten path. The fourth season of the show's current incarnation will be premiering tonight on its new home, Cooking Channel, at 10 p.m. ET. I spoke with Webb to find out what it's like preparing for each season, and which have been the most difficult — and most delicious — chal-



lenges he has faced thus

What is your preparation like heading into each season of the show?

As an adult — I guess I could call myself an adult, or some people consider me an adult. based on when I was born — getting into the actual show, it was right out of the gate. So the

BOSTON

same production company, Sharp Entertainment, brought the show back and I was in good hands. I just basically held on! The first season, it happened so fast. We did three episodes in a row, which is a lot to do. That's back-to-back on the road. We did that on and off, and then in the second season, we did that a little bit, too. Then we realized we should probably slow our flow a little bit and maybe get two episodes in and then give leveryone a break, whether it's production and the camera crew or myself because of all of the challenges themselves and traveling. We found a really great rhythm with momentum, believe it or not. Preparing for it, it's all of us. We're always checking in and making sure we're getting some exercise in and that we're eating well. But then we also want to cheat. We have cheat days sometimes! Or cheat months [laughs]. It's really about being mindful and being present and being in-tune and listening to yourself and your body. With anything in life, especially if you're on the road a lot and you're in restaurants around the country. Because, to be honest, restaurant food is very savory and sweet. That's what we love about going out to eat! Sometimes you have to dial back and eat cleaner, better, and eat lighter. I've done that my whole life. I've also fluctuated

in life, that's just how my

body is. I've taken on the

more mindful when I'm

responsibility of being

off the road, and while

I'm on the road. Again, food can be much fattier, much sweeter and much saltier in restaurants, unless you're making it for yourself. Thankfully, we have a lot of options out there. People are eating a lot cleaner these days. In airports, in small cities, in major cities. It's been really great. I've been able to find more balance.

What challenge was the hardest to bounce back from? Is there one that sticks out in your mind as being the most difficult? Sometimes you're tapping out! Sometimes food is going to win. I say this a lot, it's like "Any Given Sunday." Anything can happen, whether you prepare or not, very much like a sporting event. And that's how I look at it and that's how I approach it because I have to put myself in a different mindset. Anyone that does any sort of challenge, whether it's food or something physically rigorous does the same. We just wrapped on 10 episodes in the fourth season. But, it's the biggest order to date because we are doing 20! I'm doing 10 more up until September. So we're still very much in the fourth season. So the hardest challenge to date? I don't think I've done it yet [laughs]. I kid, but I think honestly, they're all hard in their own way. Whether it be "huge" or "hot," because I'm doing hot stuff as well as the big stuff. Anybody that tells you who is playing this game. it shouldn't be taken lightly. Sometimes there are a lot more carbohydrates and bread or fillings that are going to take over and dominate, whether they be 4 pounds or 2 pounds. And then with the hot stuff, it can range from the mildest pepper, a jalapeno, to a Carolina Reaper. I think they're all difficult in their own way and they deserve the respect that they do. When you're full with the larger stuff, I just stop eating. With the hot stuff, it stays in your system. I would lean towards the hotter stuff if I had to make a decision, but they're all difficult.

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SPORTS

On Day 2 of free agency, the Celtics landed that

big man they desperately needed in Enes Kanter. Kanter will be a tremen-

dous fit in Brad Stevens'

but you can already see Giannis and Joel Embiid getting about 20 dunks per game on him. Danny Ainge will need to shore up the defensive end of things down low, but the Celtics still should be among the favorites to win the Eastern Conference next season, even in this new top-heavy NBA where it seems 10 different elite teams have a real shot at bringing

ball-moving offense

CELTS AGAIN A TITLE CONTENDER

OPINION

MATT BURKE

Matt Burke is the Executive Sports Editor at Metro Newspapers and the Editor in Chief of MetroBet.us.



home the "Larry O.B." Here are the latest 2019-20 NBA Championship odds at MetroBet.us/ Sugar:

LA Lakers +250 Mil. Bucks +600 TOR Raptors +800 HOU Rockets +1100 G5 Warriors +1200 PHI 76ers +1200 LA Clippers +1600 BKN Nets +2000 BOS Celaics +2000 DEN Nuggets +2000 UTA Jazz +2000 OKC Thunder +3300

I would actually say that those odds are a tad unfair to the C's.

Like, really Kyrie is going to lead the Nets to the title without Kevin Durant (who will miss the whole season due to injury)? They really have a better shot than the Celtics next season?

The Raptors? Only if Kawhi returns, and even if he does come back to Toronto, that does not look like the type of roster that could win back-to-back titles.

The Bucks? They



just had Indiana swipe Malcolm Brogdon away from them and haven't really made much of an upgrade to a team that crumbled in the Eastern Conference Finals.

The Sixers? The Horford signing is a great one, for sure, but they also lost Jinmy Butler and their best shooter in [] Redick. The jury is still out on Tobias Harris, too, as to whether or not he can come up big in the postseason.

In any event, the Celtics should at least be right back where they were last year in terms of the Eastern Conference hierarchy. On most people's power rankings, they should be viewed as at least the fourth-best team in the East.

And the gap between being the best team in the East and the fourthbest team in the East is really not that wide.

Look, the Celtics have multiple (huge) "ifs" that need to come to fruition next season if they are to legitimately challenge for a title. But I'm banking on the following to come true:

- Jayson Tatum becomes an All-Star

 Jaylen Brown becomes a fringe All-Star

 Gordon Hayward again becomes a fringe All-Star

 Kemba Walker again makes the All-Star team

All of those guys will be anti-Kyries this coming season as they each have a TON to prove. This will be the most crucial season in the history of all of their respective basketball-playing lives. They all need to make it work in 2019-20 to salvage their reputations, to live up to their massive contracts, or both.

I would put big monev on the Celtics having the first- or second-best regular-season record in the Eastern Conference next season.

Here were the Celtics' win-loss records (and eventual playoff results) in their past four seasons:

2015-16: 48-34 (lost in first round to Hawks)

2016-17: 53-29 (lost in conference finals to Cavaliers)

2017-18: 55-27 (lost in conference finals to Cavaliers)

2018-19: 49-33 (lost in conference semifinals to Bucks)

Brad Stevens' Celtics won over 53 games in the regular season in back-to-back years and garnered the No. 1 and No. 2 seeds in the East in those seasons. He did so with rosters that are significantly less talented than the group that will take the floor this coming fall in Boston. And unlike last season, you can bet that the Celtics will take the regular season seriously.

There will be more elite competition than ever for the NBA title next season, for sure. with no clear-cut favor-

But the Celtics will be in the mix, and will have as good a shot as anyone at grabbing that ring.



Enes Kanter on Monday announced that he will sign with the Celtics, cerry maces



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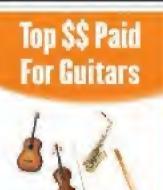
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SPORTS

METRO, US TUESDAY, JULY 2, 2019

USWNT set to take on England in World Cup semis

A victory today over England would send the USWNT to another Cup Finals.



In any sport, particularly in tournament play, you must be most leery of the team that is carrying the most amount of momentum. Beware of the "hot. team."

England, which will face the USWNT in the Women's World Cup semifinals today (3 p.m., FOX), is peaking at the perfect time, as it has won its last two matches by a score of 3-0. The English have actually fared better in the knockout round of the 2019 Women's World Cup than they did in their first three outings of the tournament as they beat Scotland, Argentina and Japan by relatively narrow scores of 2-1, 1-0 and 2-0.

Ellen White has been the main offensive catalyst for England, as she has tallied five goals in the tournament. White is currently tied with the USA's Megan Rapinoe and



Members of the USWNF celebrate a goal against France last Friday. Germ wwoes

Alex Morgan for the most goals scored in the tournament so far as each have netted five. Rapinoe has been on fire of late, having scored all four goals for the USWNT in their past two games. Morgan, who has been slowed by a nagging injury in the tournament, scored all five of her goals in the tournament in the USA's blowout of Thailand back on June 11.

Key for the United States will be to again get an early cushion. The USWNT has tallied at least one goal within the first 12 minutes of each match so far.

Rapinoe vs. Trump

There has been great

focus in recent days on Rapinoe's comments that she would "not go to the f-ing White House" if the team were invited following a potential World Cup title.

President Trump, of course, fired back via Twitter: "Megan should never disrespect our Country, the White House, or our flag especially since so much has been done for her and the team."

Shortly after, Congresswoman Alexandria Ocasio-Cortez invited Rapinoe and the entire USWNT for a tour of the House of Representatives, to which Rapinoe responded: "Consider it done @AOC."

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ACROSS

1 "One customer"; sale item sign 4 Vine-covered lattice shelter

9 Mr. Gingrich

13 Allies' WWII foe 15 Daniel or Pat

16 Sore

17 Largest city on the French Riviera

18 Flies alone

19 Lower leg part

20 Consequently 22 Partial amount

23 Bowler's focus

24 Adv. business deg.

26 No-nonsense

29 Springs back

34 Elephant's nose

35 Objectives

36 Cereal grain 37 Pealed

38 1 of the 5 senses

39 Bull, in Spanish 40 Late great heavy-

weight

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41 Stuns

Rica

43 Breakfast order

45 Most miffed 46 Afternoon hour

47 Wreck

48 Bread for a gyro

51 Move like a desk fan

56 Lion's cry 57 Bank safe

58 Specks

up; confesses 61 Glowing bit of coal

62 " in Love with Amy" 63 Wise man

64 All prepared

65 That woman

DOWN

1 "Peter " 2 Way out

3 Well-to-do

4 Not in class

5 Housetops

6 Filipino knife

7 about; approximately

8 Look like

9 Capital of the Bahamas 10 Repeated sound

11 On a ; impulsively

12 Emmy winner Daly

14 Oozing 21 Singer Springfield

25 Derek & others

26 Narrow leather strip 27 "The flowers that bloom in the spring,

28 Altercation

29 Mother's Day gift, perhaps

30 Dines 31 Adjustable loop

32 Pub game

33 Short-tailed weasel

35 Long look

38 Assume control 39 Violent windstorm

41 Actor Aykroyd

42 Bedspring

44 Like gritty sandpaper 45 Hot and humid

47 Angered

and cons

49 Midwest state 50 Spiciness

52 Identical

53 Castro's land

54 Truck scale divisions

55 Cut, in a way

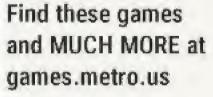
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metro.us/sudoku

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		4			1	3	9	

PLAY ANYTIME, **ANYWHERE**





metro.us/horoscopes

Aries If you do your own thing and avoid getting involved in someone else's business, you'll feel much better at the end of the day regarding what you've accomplished. Choose peace over discord.

Taurus Get together with an old friend or sign up for something that will lead to knowledge, a new skill or an exciting acquaintance. Don't argue over something pointless.

Gemini Someone will disappoint you if you share a secret. You'll avoid interference if you don't share your plans. Don't take a risk or follow what someone else is doing. Learn from experience.

Cancer If you channel your emotional energy in a positive manner, you will enhance a relationship. How you help and handle others will be crucial to your success.

Leo Reflect on what's happened in the past and rethink how you should move forward. Listen to others, discuss issues and decide what's doable. Don't make a change just because someone else does.

Virgo Acknowledge or pay attention to what someone else is going through. Listen more, criticize less and offer solutions, not cash, if you want to make a difference.

Libra Take your time. A joint venture isn't something you should jump into quickly. Don't accept things at face value. You are best off investing in personal gains and improvements.

Scorpio What you do will be more important than what you say. Engage in something that will be a learning experience or will bring you closer to the people you care about most.

Sagittarius You can think big, as long as you don't go overboard. Make plans based on your budget, ability and available time. Romance should be a

Capricorn A lifestyle change will affect your relationships with the people you deal with daily. Consider what's best for everyone before you proceed.

Aquarius Do something exciting, take on a physical challenge, strive for good health and spend more time with a loved one. A personal gain is within

Pisces Participate in something you feel strongly about. Taking a stand will make you feel good and will bring you in touch with people who share your beliefs, exemplast



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5:50 PM	South Station	11:17 PM
6:10 PM	Braintree	10:59 PM
6:21 PM	Brockton	10:46 PM
6:38 PM	Middleborough	10:30 PM
7:08 PM	Wareham	10:10 PM
7:20 PM	Bużzards Bay	10:00 PM
7:25 PM	Bourne	9:55 PM
8:20 PM	Hyannis	9:00 PM

	Boston to Hyannis	Saturday/Sunday	Hyannis to Boston
П	8:00 AM	South Station	9:02 PM
П	8:20 AM	Braintree	8:42 PM
П	8:33 AM	Brockton	8:26 PM
	8:52 AM	Middleborough	8:10 PM
П	9:10 AM	Wareham	7:50 PM
П	9:20 AM	Buzzards Bay	7:40 PM
L	9:25 AM	Bourne	7:35 PM
7	10:20 AM	Hyannis	6:40 PM

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